

Dee-ni' Nuu-wee-ya'

SMITH RIVER RANCHERIA TRIBAL NEWSLETTER

Srwee-la' Num-nii~-ma~s (May) 2012 - Volume 19, Issue 5

SAT, MAY 19: ELECTION DAY

See page 5 for more information



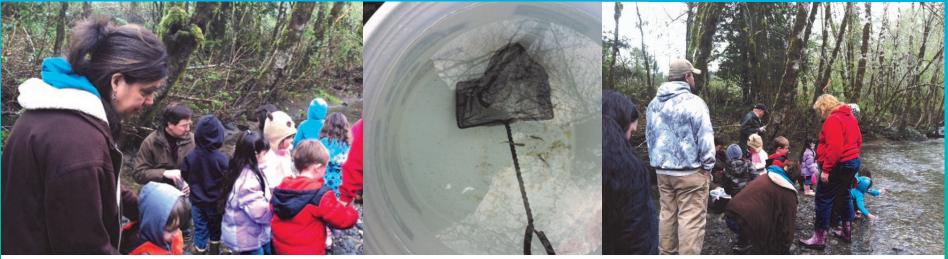
Ch'ee-t'u Weaving Circle

March 12-May 28: Every Monday, 6:00 - 8:30 pm **Howonquet Hall Community Center**

Contact the Culture Department for more information at (707) 487-9255

3 Xaa-wvn-k'wvt Nutrition Menu..... 4 4 Elder Stipend Changes..... Election Information..... 5 Tsunami Preparedness..... 6 High Blood Pressure Awareness...... 7 8 Credit Check Up..... Mothers' Day - May 13th..... 8 Ch'ee-nvk-t'i..... 9 In Memory...... 10 Tribal Youth...... 11 Fish & Game Committee..... 12 How to Register for the Website...... 14 Lat (Seaweed)...... 15 Community & Family Services.......... 16 Spring Clean Up...... 18

In this Issue



Howonquet Head Start students, teachers and parents releasing salmon that they grew from eggs into Rowdy Creek on April 12, 2012.

May is Foster Care Month!!

The Community and Family Services Dept is actively recruiting foster care homes and permanent homes for all ages. We are especially in need of permanent placements for children under 5.

No special skills are required. All that we need are caring people and a criminal background check.

> Please call Paulie at (707) 487-9255 x 3130 or Gena at x 3137

Srwee-la' Num-nii~-ma~s (May) 2012

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Dee-ni' Nuu-wee-ya' Publisher/Editor Jessica Haas (707) 487-9255 ext 3221 iessica.haas@tolowa.com



Printed on 40% recycled newsprint, using soy-based ink.



Gift Certificate to Harbrook Jewelers

House of Howonquet Mother's Day Buffet 12 noon to 8pm

Adults \$16.99 Kids 10 & under \$7.99



Mondays in May Random Drawings 3pm to 6pm Every 15 minutes \$25 will be put into someone's Machine! Plus Good Neighbor Prizes!!

Whirlwind of Cash!!

Sunday Drawings 1 to 4pm **Every half hour**

Coming May 26th! Direct from Las Vegas!

Don Barnhart Comedian and Hypnotist 8pm - Comedy Hypnosis Show Tickets \$20 / \$15 with **Privileges Card** at the Privileges Club

In the Tolowa Event Center

(707)487-77



Hwy 101 - Smith River, CA fracebook www.lucky7casino.com Owned & Operated by the Smith River Rancheria - Management reserves all rights

Lhetlh-xat-ne (Tribal Council)		Waa 'Ee-lee-te (Events)		
Kara Miller Chairperson	(707) 218-7723 kmiller@tolowa.com	May 7	Ch'ee-t'u Weaving Circle - 6:00 pm Howonquet Hall Community Center (see cover)	
Denise Padgette Vice Chairperson	(707) 218-7719 dpadgette@tolowa.com	May 7	NAGPRA Committee Meeting - 5:00 pm	
Loren Bommelyn Secretary	(707) 218-0197 lbommelyn@tolowa.com	May 8	Nii~-li~ Me'-ne', Lucky 7 Casino Regular Session Tribal Council Meeting - 6:00 pm	
Joel Bravo Treasurer	(707) 218-7720 jbravo@tolowa.com	May 13	Howonquet Hall Community Center Happy Mother's Day!	
Marian Lopez Member	(707) 218-0121	May 10	Wee'-ya' (Language) Committee Meeting - 4:00 pm	
Dr. Joseph Giovannetti Member	(707) 218-6569 joseph.giovannetti@tolowa.com	May 11	Nii~-li~ Me'-ne', Lucky 7 Casino June Newsletter Deadline	
Lenora Hall Member	(707) 951-9345 lenora.hall@tolowa.com	May 14 - 25	Spring Clean Up (see page 18)	
Na'sr-dvtlh-nvsh-dvn (Tribal Office)		May 16	Waa-tr'-vslh-'a~ (Culture) Committee Meeting - 5:00 pm Nii~-li~ Me'-ne', Lucky 7 Casino	
Administrative Assistant, Devon White - (707) 218-0177, devon.white@tolowa.com Chief Financial Officer, Hank Shields - (707) 487-9255, ext. 3115, hank.shields@tolowa.com Community & Family Services Director, Dorothy Perry - (707) 218-7346, dperry@tolowa.com		May 20	Chi~slu & Chay-yii-ne Lhetlh-xat (Cemetery Clean Up & Elder Gathering) 8:00 am - 5:00 pm	
		May 22	Regular Session Tribal Council Meeting - 6:00 pm Howonquet Hall Community Center	
Culture Department Director, Marva Scott -(707) 218-5934, mscott@tolowa.com Envelopment Specialist Therese Forrer		May 28	Memorial Day	
Enrollment Specialist , Theresa Ferrer -(707) 487-9255, ext. 3120, theresa.buckskin@tolowa-nsn.gov				

SATURDAY, MAY 19, 2012

9:00 am - 3:00 pm Howonquet Hall Community Center

SAVE THE DATE: JUNE 23, 2012

"Honoring Families Through Wellness"

Wellness Fair

Howonquet Hall Community Center 10:00 am - 4:00 pm

COMMUNITY LANGUAGE CLASS

12:00 PM ON TUE\$DAY\$ AND THUR\$DAY\$

K'VSH-CHU TRIBAL OFFICE 140 ROWDY CREEK RD SMITH RIVER, CA (707) 487-9255

-(707) 487-9255, ext. 3120, <u>theresa.buckskin@tolowa-nsn.gov</u>

Grants & Contracts Manager, Cassandra Mitchell

-(707) 951-4255, <u>cmitchell@tolowa.com</u>

Housing Director, Earl Brown

-(707) 218-5935, <u>earl.brown@tolowa-nsn.gov</u>

Howonquet Head Start Manager, Ronda Ritchie

-(707) 218-6357, <u>ronda.ritchie@tolowa.com</u>

Human Resources Manager, Rachel Solomon (707) 497 0355 out 3611

-(707) 487-9255, ext. 2611

Information Technology Director, Darryl Yarak -(707) 218-7724, dyarak@tolowa.com

Natural Resources Director, Brad Cass

-(707) 218-7504, bcass@tolowa.com

Project Coordinator, Nita Rolfe

-(707) 218-7782, <u>nrolfe@tolowa.com</u>

Recording Secretary/Front Office Sup, Jessica Haas -(707) 487-9255, ext. 3221, jessica.haas@tolowa.com

Social Worker, Paulie Boynton

-(707) 218-6005, paulie.boynton@tolowa.com

TERO Officer, Darrell Moorehead

-(707) 218-6174, dmoorehead@tolowa.com

THPO Officer, Suntayea Steinruck

-(707) 218-7868, sunsteinruck@tolowa.com

Tribal Administrator, Russ Crabtree

-(707) 218-7727, russ.crabtree@tolowa-nsn.gov

Tribal Court Administrator, Nita Rhodes

-(707) 487-9255, ext. 3160, nita.rhodes@tolowa.com

Xaa-wvn-k'wvt Nutrition Center Menu						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	1 Tuna Salad	2 Bean Soup and Sandwich	3 BBQ Chicken	4 Bev's Tamale Pie		
7 Rigatoni with Spinach	8 Hamburger with a Bun	9 Beef Vegetable Soup	10 Tomato Soup and Tuna Sandwich	11 Chefs Salad		
14 Pasta Salad	15 Spaghetti	16 Ham and Potato Chowder	17 Beans with Bacon	18 Breakfast		
21 Bean and Cheese Burrito	22 Chicken Salad	23 Chili	24 Hot Dog with Bun	25 Honor the Elders and Volunteers Lunch		
28 Chili Rellano Bake	29 Baked Chicken	30 Clam Chowder	31 Fish & Chips			

Lunch served @ 12:00 pm Reserve Lunch @ 707-487-4463
Menu Subject to Change
101 Indian Court in Smith River

Suggested donations: Elders 55+, \$2 (some are free) Under 55, \$7 **Tai Chi** - Every Wednesday, 12:30 pm **BP/BS Checks**—call CHR @ 487-0215, 464-2919, or 482-2181 **RepChem** 3rd Wednesday

Smith River Rancheria Housing Department is now taking application for the six beautiful, new See-waa-dvn Apartments!

Tribal Elders and their Certified Home Health Care Providers are encouraged to submit an application immediately!

Please stop by the Rancheria
Office or call Linda Tuttle in the
Housing Department for
information and/or and
application. But do it soon and
get on the waiting list today.
Such a beautiful opportunity for
our Tribal Elders.

Eligibility will be determined based on a point score system.

Linda K. Tuttle Housing Program Specialist 707-487-9255 x3140

NOTICE TO TRIBAL ELDERS

On March 6, 2012, the Tribal Council enacted a change to the Tribal Elder Assistance Program. Effective, April 1, 2012, the amount of your monthly payment will be based on your age, according to the table below:

Age	Payment		
55 - 59	350.00		
60 - 64	375.00		
65 - 69	400.00		
70 and over	425.00		

Whenever your age bracket changes, you will begin receiving the new amount on the 15th of the next month.

For example, if you turn 65 anytime during the month of January, your payment amount will increase to 400.00 on February 15th.

If you have any questions, please contact the Rancheria Tribal Office:

Phone: 707-487-9255 Ext. 3131

Thank you,

Community and Family Services Department



From the Election Board

GENERAL MEMBERSHIP INFORMATION **Tribal Council Nominations Made**

Ten (10) members were nominated for the two (2) Tribal Council seats that will be vacant on May 19, 2012, the two council members up are Joel Bravo and Marian Lopez. Nomination results at the General Membership Meeting held on March 10, 2012. Deadline to Accept or Decline was March 20, 2012.

- Ben Pavne nominated Connie Wilson; she declined (non resident).
- Luanna Scott nominated Eric Brundin; he accepted.
- Cherry Villazana nominated Marvin Richards Sr.; no response.
- Gloria Costa nominated Sharyne Harper; she accepted.
- Candace Penney nominated Lisa Richards; she declined.
- Alvina Fairchild nominated Sadie Nichols; she accepted.
- Tom Richmond nominated Joel Bravo; he accepted.
- Eunice Bommelyn nominated Sheryl Steinruck; she accepted.
- Jalea Walker nominated Jolanda Ingram; she accepted.
- Kara Miller nominated Marian Lopez; she accepted.

Crystal Shade nominated Modesta Lopez. However, she is not enrolled at the Smith River Rancheria.



On March 28, 2012 the General Election Information, Campaign letter and the Application for Absentee Ballot was mailed out to 662 Registered Vot-

The Election Board is encouraging voters to use our P.O. Box for return mail. There is a locked DROP OFF BOX in the Tribal Office for members use, do not drop them off anywhere else.

Submitted by Theresa Ferrer, Registrar

Election Time Lines

APRIL

Wednesday, March 28, 2012

Mail General Election Information

Last Day for Mailing Absentee Ballots

Monday, April 30, 2012

Voter Registration Closes

(You can still register after deadline, but you cannot participate until next year)

Monday, April 30, 2012

(15 day mailing)

MAY

Saturday, May 19, 2012 9 am-3:00 pm at Howonguet Hall Community Center

Election Day



Tribal Council Motions in March 2012

To approve Resolution #12-10, Membership Approvals for twelve applicants with one correction.

March 27, 2012

- To approve the use of Tolowa Language by Sunset High School.
- To approve Housing's Annual Performance Report.
- To approve Resolution #12-12, Membership Approvals for three applicants.
- To amend March 13, 2012 Minutes as discussed.

Submitted by Jessica Haas, Recording Secretary

Tsunami Preparedness

Remember that there are two ways you will learn that a tsunami is coming: Official Warnings like the ones tested on March 28, and Natural Warnings.

If there is a REAL emergency the EMERGENCY ALERT SYSTEM will notify you of the emergency.

NATURAL WARNING

- Ground shaking that lasts a long time
- A loud ocean roar
- The water receding unusually far, exposing the sea floor

If you observe any of these warning signs, immediately go to higher ground or inland. A tsunami may arrive within minutes and may last for eight hours or longer. Stay away from coastal areas until officials permit you to return. **Natural and official warnings are equally important. Respond to whichever you hear or observe first.**

Fourteen new tsunami zone maps are now available for Humboldt County. These maps, prepared by members of the Redwood Coast Tsunami Work Group working with the Humboldt County Sheriff's Office - Office of Emergency Services, show areas that may be at tsunami risk in Humboldt County. These maps are based on the biggest event and worst case tsunami likely to hit our area, a tsunami caused by a magnitude 9 earthquake on the Cascadia subduction zone.

In most of the County, the boundaries between the white safe areas and yellow tsunami zones shown on the maps are marked by Entering and Leaving Tsunami Zone signs. We urge people who live, work, or play in a tsunami zone to identify the location of those signs and develop a plan on how best to get to a safe area. If a great earthquake occurs nearby, the first tsunami surges could arrive in as little as ten minutes and there will be no time for sirens to sound or other warning messages to be sent out. **Earthquake shaking that lasts twenty seconds or longer is your warning. DROP, COVER, and HOLD ON to protect yourself during the shaking. Drop down to the ground; take cover under a sturdy table or desk if one is nearby, and hold on to it. If you are in the yellow area, evacuate by foot as soon as it is safe for you move. If you are in the white area, you are safer staying where you are and sheltering in place. Use the map to plan a safe evacuation route in advance. Practice evacuating so that you and your family know what to do during a real tsunami. Remember — go on foot. Roads may be impassable.**

The maps were developed by using information from the Relative Tsunami Hazard Maps produced by Humboldt State University and tsunami inundation mapping by the California Geological Survey and the California Emergency Management Agency. They incorporate the best currently available information and may be changed or updated as additional scientific information becomes available. The maps are intended to support tsunami evacuation planning and should not be used for any other purposes. They do not represent how far an actual tsunami may penetrate inland – but

show safe areas and areas that may be at risk delineated by easy-to-recognize geographic landmarks such as streets and roads. They include no information about the probability of a tsunami hitting our area and do not reflect how an actual tsunami may impact the region.

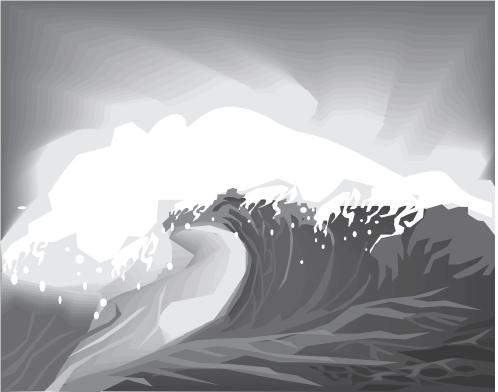
The new maps can be viewed and downloaded at http://www.humboldt.edu/rctwg/images/uploads/
TsunamiBrochures HumboldtCounty March2012 reduced.pdf
A new set of tsunami brochures that will include the 14 new maps will soon be available.

More information on how to prepare for earthquakes and tsunamis is available in the magazine "Living on Shaky Ground: How to Survive Earthquakes and Tsunamis in Northern California". Copies are available online at www.humboldt.edu/shakyground or from the Humboldt State University Geology Department, (707) 826-3931

—Cindy Henderson

Del Norte County, Public Health, Emergency Services Manager (707) 954-8775 or (707) 465-0430 Ext. 376

Submitted by Tessa LaFazio, Natural Resources Program



May is High Blood Pressure Education Month

Nearly 68 million people have high blood pressure, which is also called hypertension, in the U.S. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats.

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg	
Prehypertension	systolic: 120–139 mmHg or diastolic: 80–89 mmHg	
High blood pressure	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication	

Who Has High Blood Pressure

- Women are about as likely as men to develop high blood pressure during their lifetimes. However, for people younger than 45 years, the condition affects more men than women. For people aged 65 years and older, it affects more women than men.
- About 28% of American adults aged 18 years or older have prehypertension.
- Native Americans get high blood pressure more often. Almost 1 in 3 (30%) of Native American adults has high blood pressure.

Health Impact of High Blood Pressure

- High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.
- High blood pressure was a primary or contributing cause of death for 336,353 Americans in 2007.
- There were more than 46 million visits to doctor's offices for hypertension in 2007.

High Blood Pressure and Salt

- A diet high in sodium (salt) increases the risk for higher blood pressure.
- Most people eat more than double the amount of salt than they should.
- About 77% of the sodium Americans consume comes from processed and restaurant foods.

Preventing and Controlling High Blood Pressure

You can maintain healthy blood pressure by changing your lifestyle or combining lifestyle changes with prescribed medications.

Key lifestyle changes include the following-

- Have your blood pressure checked regularly.
- Maintain a normal body weight (body mass index (BMI) of 18.5–24.9
- Take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week. Follow a healthy eating plan of a diet rich in fruits, vegetables, and low in sodium.
- Quit smoking.
- If you drink alcoholic beverages, do so in moderation (no more than 2 drinks per day for men and no more than 1 drink per day for women).
- If you have high blood pressure and are prescribed medication(s), take as directed.

What to do when you get your blood pressure taken

- Avoid exercise, coffee, or smoking 30 minutes beforehand.
- Go to the bathroom first. A full bladder can change the reading.
- Sit quietly for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at a 90-degree angle at the level of your heart.
- Avoid talking.
- Wear short sleeves so your arm is exposed.
- Ask the technician to take two readings about two minutes apart. Average the results.
- Use the same arm every time.

Resources: Video - Salt Matters: Preserving Choice, Protecting Health, available at http://www.cdc.gov/CDCTV/Salt_Matters to learn more about how salt affects your health

Sources: National Institutes of Health. National Heart, Lung, and Blood Institute, Centers for Disease Control and Prevention, Hope Health Institute

Submitted by Dorothy Perry, CFS Director



Have You had a Credit Check-Up Lately?

Don't wait until you get our pre-approval letter to start working on your credit. If you don't know your credit score, maybe today is the day to inquire. Errors on your credit report can be an unpleasant surprise when negotiating major financial commitments. Don't wait until you are buying a house to find out whether your credit report is accurate and up-to-date. Checking your credit regularly is an awesome tool in protecting yourself from identity theft.

Three **main** companies handle credit reporting. For recorded information on ordering a copy of your credit report, call these numbers:

- Equifax 800-685-1111 (processing fee varies by state, ranging from free to \$8; one copy is free if you have been denied credit within 30 days of your request).
- TRW 800-392-1122 (Offers one free copy annually; additional copies must be in writing. Cost varies by state).
- TransUnion 800-916-8800 (Fee varies by state; free if you have been denied credit within 60 days.

Submitted by Linda K. Tuttle, Housing Program Specialist; Source: Consumer Credit Counseling Service of Atlanta



Mother's Day- May 13th

'Mother' is a very special part of any living being's life. And, Mother's Day is an equally special day to treat your mother in an extra special way. The concept of officially celebrating motherhood with a special day is an interesting one. However, more interesting is what makes Mother's Day so special and the facts behind the celebration. It does not matter how famous or big you are in your life, everyone's mothers is special for him or her. Mother is always loving and caring towards her child. Here is a collection of amazing Mother's Day trivia. These important trivia will come in very handy if you are anchoring a Mother's Day quiz show and can be used as interesting trivia to surprise the audience. Also, use them to amaze your friends on a Mother's Day dinner or brunch program hosted in your mother's honor. You will find that most of these Mother's Day trivia are hard to believe yet true. You can also turn these facts into adorable gift items by handwriting or printing a few of them on decorative paper and gifting it along with other presents. Enjoy reading these Mother's Day fun facts with your mother and surprise her.



- The first Mother's Day observance was a church service in 1908 requested by Anna Jarvis (never became a mother), of Philadelphia, to honor her deceased mother.
- Rosa Parks was the mother of bus boycott in Montgomery, Alabama that launched the Civil Rights Movement.
- Julia Ward Howe staged an unusual protest for peace in Boston, by celebrating a special day for mothers. She wanted to call attention to the need for peace by pointing out mothers who were left alone in the world without their sons and husbands after the bloody Franco-Prussian War.
- Mother Shipton was a Prophetess in Britain 500 years ago. She could see the future, and predicted that another Queen Elizabeth would sit on the throne of England. (OE II)
- Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China, Thailand, all have special celebrations to honor Mothers, but not in the same way or on the same day as the United States.
- Eve is credited with being the "Mother of All the Living", in the Bible,
- Mother Goose is one of the most popular of all children's entertainers. Her books and stories have been loved for many generations.
- 52 % of the words for mother in the material have ma/me/mo or na/ne/no in the root syllable poems.
- In the vast majority of the world's languages, the word for "mother" begins with the letter M.
- The Egyptians honored the goddess Isis in a similar holiday.
- Catholics have a special day for honoring the Virgin Mary.
- The British celebrated a similar holiday, called Mothering Sunday.
- Japan's Imperial families trace their ancestry to Omikami Amaterasu, the Mother of the World.

Being a Mother is the greatest gift the Creator can bless a woman with. I am so very thankful to be a Mother so that I can experience every day, a love like no other, the love between a mother and a child. Happy Mother's Day to the loving, caring, kind, understanding, compassionate Mothers who treasure their children every day.

Submitted by: Andromeda Lopez CFS Office Clerk Resource: http://www.dayformothers.com/interesting-facts.html







Ch'ee-nvk-t'i (Announcements)

Srwee-la' Num-nii~-ma~s (May)

Blake Allen Danual Allen Mason Allen Margaret Arias Thomas Balcom, Jr. Madison Balcom Jeffery Barnes Christopher A. Barr Gavin Bartoo Fredrick D. Bartow Jon Batini Joseph J.K. Baugh Sharon Bergman Jennifer Betteridge William Bommelyn Jr. William Bommelyn, Sr. Jason Bravo Joel Bravo Terry Bray **Tanner Brown** Ken Carev Mattie Castellaw Marie Chandler Debra Conard Kansas Coulson Seth Cutright Douglas Dobrec Amanda Donahue Janie Ekman Whitney Fahl Craig Fletcher, Jr. Antone Folkins Josceyn Fouts Ian Fralich Evan Fullam Joel Garcia Harold Gardner, Jr. Preston Gerovac Randy Gochanour Seleya Gochanour Addison Griffin Lindsav Hall Makennah Handsaker Charlene Harralson

Christal Hash Mark Hempel Sunshine Hempel Donald Hodges, Jr. Wilma Hoffman Susan Hoque Maile Horn **Anthony Hostler** Sikai Hubbart Brandi Hulleman Amv Idol Mary Isham **Forest James** Leonard James, Jr. Jaret Kahoalii Lillian Kliever Karyne Lame Bull Edward Landay IV Leah Linville Armando Lopez **Austin Lopez** Blaire Lopez Franklin Lopez Natasha Lopez Shaniqua Lopez Sierradawn Lopez Kirsten Lopez-Miller Allen Losh Whitney Losh Darla Loucks Wendy Luerra Jacqueline Maynard Johnny McDonald Jr. Rowan Nelson Josalyn Netzel Darby Niles Laurel O'Reilley Harry D. Payne Joey Payne Wallace Payne Candace Pennev Shane Persinger Madonna Plants

Frank Edw. Richards Nevyn Richards-Davis Matthew Rodgers Jesse Salmans Nathaniel Samuelsen Jaden Sanders Aaron Schlosser Ieshia Searle Sasha Searle Crystal Shade Travis Silva Christina Simonsen Kirsten Simpson Tanner Sopiwnik Sadie Spargur Kanyon Starkey Teonna Stepro Heather Stifel Vanessa Stowe June Sullivan Jace Swafford Brayden Throop Myriah Thurston **Brandon Tripp** Perry Tripp Mark Tvrdik Cherry Villazana Sunnae Walker Cindy Warde Deidre Warren Toni Whipple Kaiyess Willburn Constance Wilson Taylor Windham Raymond Workman-Smith Julie Zeltay Taylor Zwierlein

Recommended Reading



After the First Full Moon in April

Josephine Peters & Beverly Ortiz

Author: Josephine Peters & Beverly Ortiz

"After the First Full Moon in April" is a guide to the medicinal and traditional plant foods of the Northern California region. The book begins with Josephine's personal and tribal history and gathering ethics. Josephine then instructs the reader in medicinal and plant food preparations and offers an illustrated catalog of the uses and doses of over 160 plants.

Author: Chag Lowry

"Original Patriots" contains 60 interviews of Native veterans from the Mountain Maidu, Pit River, Yurok, Tolowa, Hupa, Karuk, Wiyot, Paiute, Washoe and Shoshone cultures represented. The book also includes a summary of Native American participation in World War One and a history of the Indian boarding school system that most of these veterans went through as young people.



ALIFE IN MANY WORLDS

Author: Mavis McCovey & John Salter "Medicine Trails: A life in Many Worlds" is one of very few first-person accounts of Native American healers, Medicine Trails is invaluable for its insights into the experiences of a modern-day medicine woman.

Submitted by Amanda O'Connell, Receptionist

Birthdays

Patsy Reynolds



Maa~-ghvtlh-nvsh... Janice Moorehead Grisham

Our beloved sister, aunt, cousin, and friend, Janice F. Moorehead Grisham, walked into the Next Life on Thursday, March 8, 2012. Her loving family was by her side when she crossed over at 3:15pm, at Sutter Coast Hospital. Janice was born at the old Knapp Hospital on Friday, March 22, 1946 in Crescent City, CA to Maggie (James) and Frank Moorehead. Jan was an Elder and Base Roll Member (Citizen) of the Smith River Rancheria. Jan served her tribe on the Native American Graves Protection and Repatriation Act (NAGPRA) Committee. She enjoyed attending and participating in many Smith River Rancheria tribal events.

As a young woman her aunt Ethel (Moorehead) Scott dressed her in the family dress and Jan would demonstrate Nay-dosh dance whenever asked. Janice attended school at Smith River and Del Norte High School. Jan's family was raised in the Indian Shaker Church, in turn Jan was around the Shaker Church all of her life. In 1968, she met and married Raymond Grisham and moved to White City, OR. Jan's only child, Doyle, was born on October 22, 1969. Sadly, Raymond passed away in 1977 and Jan returned home to Smith River, where she lived in her Uncle Joe LaFountain's home on the Rancheria. Later Janice lived with John Koch near the Gushchu Hall Elder Nutrition Cen-

ter. Jan enjoyed many hours eating, visiting, and doing jigsaw puzzles at the Elder Nutrition Center. Jan began going to BINGO with her sister Margaret and Aunt Lila; they made many road trips to Hoopa and Trinidad to play high-stakes Indian BINGO. Jan was an avid fan of *Days of Our Lives*; her daily plans were scheduled around her Soap, and she could not get special treat for Jan. Her IHSS worker, Dusty Lopez, ensured Jan made it to all her appointments and Having a good pizza at Wild River Pizza was a shopping trips in Brookings, Crescent City, and Eureka. enough of Clint Eastwood and Charles Bronson movies.

Jan thought the world of Dusty and the care she provided her with. Another person special to Jan was Angel, United Indian Health Services; any problem with Jan's health care, Angel could fix it.

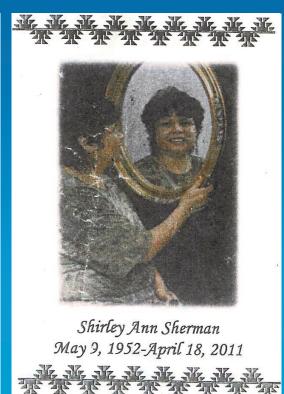
Jan was preceded in death by her sister Margaret Brooks, husband Raymond Grisham, son Doyle Grisham at birth, her parents, her brothers Louis and Franklin.

Jan leaves her sister Stella Salmans, and first cousins Adrienne Thomas, Sue Jocsing, Andy Whipple, Ted Moorehead, Beverly James, "Butch" Moorehead, Bonnie Dela Cruz, Elaine Moorehead, Darryle Moorehead, Carl James, Wilma Hoffman, Leonard James, Sadie Lee Nichols, Fred Bartow, Vicki Spargur, Eugene Martin and Joann Weeks. Nieces and nephews Lanelle Moorehead, Cliff, Nadia, Carmen, Cliff Jr., Summer, James Jr., Joseph, Jessica, Ethel, Kennick, Ke-get, Sheila, Kitana, Kiana, Josafienna, Mayan, Shannon, Andrew, Franceane Moorehead, Jeremy, Paula, James, Zach, Celeste Fillmore, Nicole, Maggie, Jesse, Dennis Moffett, Taylor, Linda Oliphant, Ian, Duncan, Jessica Salmans, Angelo, Angel, Louis, Darrin Moffett, Richard Ben Brooks, and Gwyn Andrea Brooks.

Services for Janice were held with the candlelight service on March 17th from 7pm to 7am (March 18th) at the Indian Shaker Church and with funeral being on March 18th at the Indian Shaker Church at 2pm and fellowship with potluck following immediately at the Howonquet Hall Community Center.

Janice's arrangements were entrusted to Wier's Mortuary Chapel.

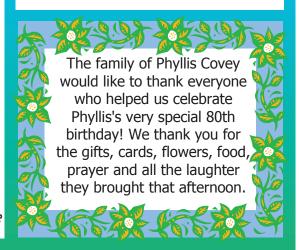
Submitted by: Richard Ben Brooks and Gwyn "Pooh" Brooks, loving nephew and niece



In loving memory **Auntie Shirley Ann Sherman**

She was so beautiful, loving, caring and sweet. She always loved her 49ers but she was a bull-head (Taurus). Its many years since you left us, I just wanted to let you know how much we miss you. You will always be our Auntie and why I can Shirley do it. We miss you. And Uncle Sharkey misses you too (SS). Love you always. Shirley Ann, my best friend and cousin. She is a special person who brought a lot of joy to all those she cared about. We spent a lot of time together and we will always cherish those times. We really miss them and her outgoing nature.

Love, Debbie Sherman



Tribal Youth Easter Activity



CFS hosted an Easter activity where Tribal youth decorated Easter eggs and then delivered them to the UIHS Senior Nutrition Program. It was lots of fun and the youth were able to decorate enough eggs for the Elders who receive their meals delivered to their home as well as those who have

lunch at Howonquet Community Center—over 150 eggs! Thanks to all of the youth who participated this year!

> Submitted by Gena Grizzard



Summer Youth Employment Program

uWork?

Smith River Rancheria's Summer Youth Employment Program (SYEP)

Starting up again soon! If you are a tribal youth between the ages of 15 1/2 and 21 please think about applying for one of our part-time positions!

Important Dates:

6/1/2012 - 6/22/2012 Applications 6/25/2012 - 6/29/2012 Interviews 7/2/2012 Start Date

Benefits Besides Pay:

- Learn time management
- "Get your foot in the door"
- Discover areas of interest
- Broaden your networking circle
- Build confidence

Fish & Game Committee

The Smith River Rancheria, Fish and Game Committee was officially formed and members sworn into office on December 09, 2011. Our primary goal is to foster a working relationship with the State of California and the Federal Agencies who are currently regulating our hunting and fishing rights within our aboriginal territory. Today and historically, hunting and fishing are critically important to Tolowa Dee-ni.









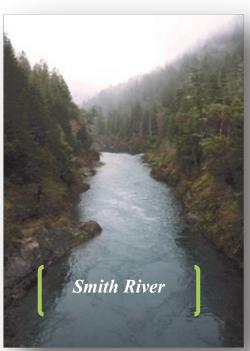


From Left: Jaytuk Steinruck, Committee Chairperson; Kurt Miller, Committee Vice-Chairperson; Ernie Boardman, Committee Member; Eric Brundin, Committee Member and Troy Travis, Committee Member

The Fish and Game Committee meets the first Monday of every month. The next meeting is scheduled for **May 7, 2012 at 5:30 p.m. in the Nan-ts'vn Room at the Lucky 7 Casino**.

The Fish & Game Committee meeting minutes are available online at the www.tolowa-nsn.gov tribal member portal.

Over the last three meetings, we have been reviewing the current events in California; primarily the Marine Life Protection Act, and the impact it will have on us. Also, as a new committee, we have been working with staff to get a budget approved and to establish our own protocols that will ensure that this committee is successful.



All Tribal Members are welcome to attend our monthly meetings and we look forward to working with everyone.

Fish and wildlife play a central role in the spiritual and cultural framework of Native American life.



From the Fish & Game Committee

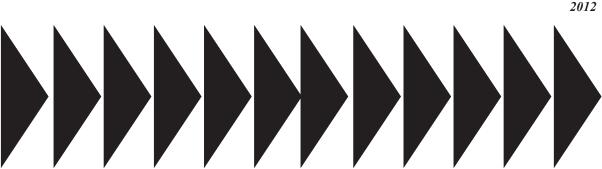


Clams, Oysters, Mussels & Scallops **OVERHARVESTING**

Overharvesting, or <u>overfishing</u> in the case of fish and marine invertebrates, depletes some species to very low numbers and drives others to extinction. In practical terms, it reduces valuable living resources to such low levels that their exploitation is no <u>longer</u> <u>sustainable</u>.

OVER HARVESTING LEADS TO A RAPID DECLINE IN THE STOCKS OF CLAMS AND MUSSELS.

Submitted by: Smith River Rancheria Fish and Game Committee



Children are our Future!

During the first six years of a child's life we helping them learn the values and morals we see as important, and/or that are important in our culture. There is no way to avoid teaching that child values. Either we are teaching the child they have power to shape their surroundings (which leads to better selfesteem), or that they are powerless. We teach them kindness toward the world around them, or we teach them meanness and control. Simply being around the child, we teach them what is important and what is not. Children soak that up like little sponges, and by the time they are six-years-old they have internalized whatever we have taught them. They either have a self-regulating conscience, or they do not. That is significant. The ability to function in a group depends on having a conscience. It is not something you beat into a child, it is something you teach with words and example. It is something that takes repetition, every day for years. It takes effort. Thankfully, most kids have a conscience. They go to school, generally get along with everyone, and are ready to learn more about life. It's the ones who have been abused, neglected, ignored, and otherwise mistreated during those first six years who have not learned to self-regulate. They are apt to have problems with life, and to create problems for those around them. They only "behave" if someone is watching them. Eventually they may learn how to act, but only because they want to avoid getting into trouble — not because such actions are "right" or "wrong."

So to all those mothers, fathers, pre-school teachers, care-givers, and everyone else working with little children who take their role seriously — thank you! Thank you for listening, for talking with them, for modeling the behavior you hope they will learn, for helping them feel good about themselves, and to care about those around them.

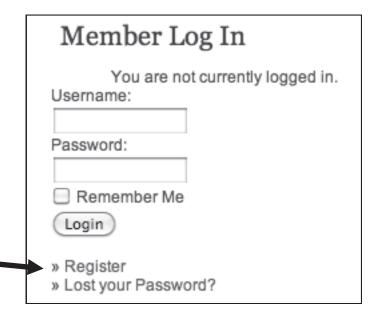
Submitted by Judith Burke,

How to Register for the Website

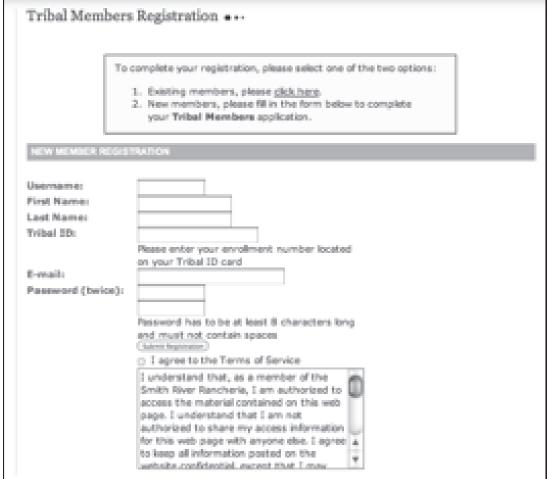
How to register and access all the important areas of your membership site at www.tolowa-nsn.gov.

Step 1) Click on the Register link.



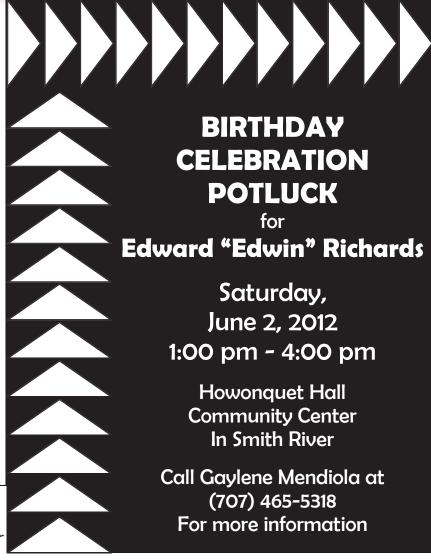


Step 2) Fill out the registration form.

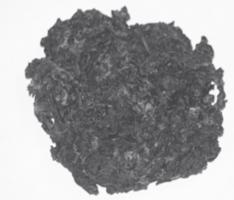


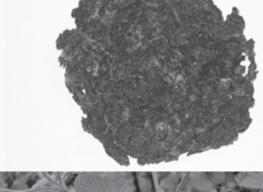
Step 3) Once your registration is approved, you will have access to all the important areas of your membership site.

Submitted by Katrina Upton, Webmaster

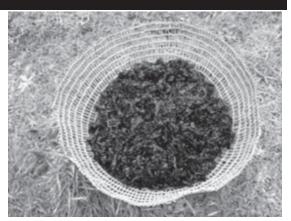


Lat (Seaweed)











Now more than ever it's important to get out and exercise our rights as indigenous people to gather and harvest our traditional foods. An easy one to start with is seaweed, or "lat", which can be picked in April when the pink flowers of the currant plant are blooming. It's best to go during a minus tide and pick from rocks that would otherwise be covered with water. The darker green long pieces are the most nutrient rich and freshest. Avoid seaweed that is turning white or feels extra slimy which means it is old.

The best places to collect drift seaweed are open ocean beaches and rocky shores, away from creeks or rivers.

Submitted by: Amanda O'Connell, Receptionist



Calling all Native Artists, Grades K - 8



PSC invites American Indian and Alaska Native artists, grades K-8 to participate in our call for Native artists 2012. The twelve winning artists will be showcased in our 2013 benefit calendar raising awareness for child abuse and one winner will be announced as our calendar cover artist.

For more information on the 2012 call for Native artists calendar competition, please contact Jayme Bennett at jbennett@pscprotectsyou.com or 505-214-9117.

Deadline and Announcement of Winner

Submissions should be emailed to jbennett@pscprotectsyou.com no later than June 1, 2012. Finalists will be informed if they were selected after the committee vote. An online vote will then take place to determine the winning cover artist. The winning cover artist will be announced to the public on at our calendar unveiling reception.

The exact theme will be announced soon, but will theme will center around "My Heritage." Artists can center their artwork around this theme. Twelve winners will be chosen by a committee and placed on PSC's website to vote for the cover artist. The twelve winning artists will be recognized at our 3rd Annual Native American Heritage Month Event in November 2012 (Exact date to be determined). Winners will receive a prize package and will be showcased on PSC's website. The artist of the chosen cover art will receive recognition at the calendar unveiling reception, a prize package and a cash donation to his or her native community.

Submission Requirements

- 1. Artwork or Image of artwork (jpeg, tiff, png etc.). ARTWORK MUST BE 2-**DIMENSIONAL (PAINTING, DRAWING,** ETC. in any medium) Minimum 300 dpi. For resolution questions or questions about submitting your artwork, please contact Jayme Bennett at ibennett@pscprotectsyou.com.
- 2. Artist Application Artist (or quardian of artist) must submit an application with photograph. Versions available in Microsoft Word and PDF by emailing Jayme Bennett at jbennett@pscprotectsyou.com.
- 3. Authorization for photographic & artwork release - must be filled out and signed by quardian. Forms must be submitted with artwork and application. Versions available in Microsoft Word and PDF by emailing Jayme Bennett at jbennett@pscprotectsyou.com.

Submitted by Dorothy Perry, CFS Director

Notes from Community & Family Services

CHILD CARE ASSISTANCE PROGRAM

If you live in Del Norte or Curry County and need help paying for child care while you work or go to school, Smith River Rancheria Community and Family Services may be able to help.

We are currently accepting applications for the Child Care Assistance Program (CCAP); a federally funded program administered by Smith River Rancheria.

The CCAP provides a subsidy to help families pay for licensed child care in a child care center or family day care home. Families who qualify for CCAP pay a nominal share of their total monthly child care expenses.

To request an application or more information, please contact Leann at 707-487-9255 ext 3131.

ATTENTION Graduates

Calling all graduates!!! If you know of any tribal member who is graduating or has graduated this year from the 8th grade, 12th grade or college level. Please contact Leann at 707-487-9255, ext. 3131 in the Community & Family Services Department.

Scholarship Opportunity

Smith River Rancheria Community and Family Services:

If you know anyone looking for Scholarships or scholarship information please let them know Indian Country Today has a new searchable website with lots of good resources about Scholarships.

For more information about Indian Country Today, you can view their website at: http://indiancountrytodaymedianetwork.com/education/ scholarships/

Submitted by Leann Babcock-McCallum, CFS Program Technician

"For All My Relations" Essay Contest



Length and Language: 1200 - 2500 words. Essays must be a minimum of 1200 words but not exceed 2500 words.

For Winning Authors: First place receives \$300, second place receives \$150, and third place receives \$75.

Deadline: June 30, 2012

Theme: Living Proof. Native nations continue to make great strides in governance, economy, education and social welfare. We work daily to triumph over generations of destructive federal and state policies that sought to end our political, cultural and social existence. We are the living proof that our people did not just "survive," we continue to "thrive." The theme of this year's For All My Relations Conference is "Living Proof". We can all look to historical examples, heroic figures and personal anecdotes that speak to our resiliency and determination. Each one of us is "living proof" that the strength, pride, courage and cultural values of our communities continue to thrive.

Write an essay illustrating how you or a member of your family or community demonstrates the "Living Proof" theme in overcoming historic or contemporary challenges.

Rules: Entries will be judged anonymously. Each essay must be original work of the contestant. All essays may be published in whole or part by NIJC. Winning essays will be published.

Submission: Essays must be submitted to NIJC by June 30, 2012. Essays may be emailed to nijc@aol.com or faxed to 707-579-9019 or mailed to 5250 Aero Drive, Santa Rosa, CA 95403.

Each essay must be submitted with a page that includes the applicants name, age, grade, tribal affiliation, address, phone number and email.

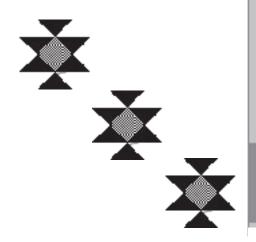
TribalNet Announces Conference Photographer

TribalNet is an industry resource for technology professionals in the Native American industry and a connection between tribal IT leaders and technology available for this unique and specific market. Their goal since the formation of the group in 1999 still stands today: Bringing technology and tribes together.

The resources IT leaders have the opportunity to discover through TribalNet membership services and annual conference can be used year-round as a go-to guide to making well informed decisions in technology. The valuable information that is provided to technology vendors through the TribalNet organization, further educates companies on how to best service this one of a kind market. Many long-lasting relationships and connections have been built through TribalNet throughout the last 10+ years and many more are sure to come.

The 13th Annual Technology Conference for the Native American Industry will be held in San Diego September 5th -September 8th.

Amanda O'Connell, Receptionist





TribalNet Welcomes



Forest is a Tolowa Tribal member of the Smith River Rancheria, where the Redwood trees meet the ocean. He spent a year and a half documenting his own tribe and culture and most recently had the pleasure of photographing the Wapehton Oyate Sioux tribal council in South Dakota. His mission is to perpetuate artistic expression, to provide quality service with high production value at an affordable cost.

With over a decade of experience in photography, Forest has been Published in Vogue and Teen Vogue, Shot multiple Movie Posters for the Film and entertainment industry and shot for companies such as BEBE. Forest James Photography was founded in 2002 and offers a variety of media related services, artwork and photography related solutions and currently shoots all the marketing material, ad campaigns and product for Native Link Communications, EnerTribe among other companies.

His awards include 1st place in the SanDisk Extreme Team contest for the Fashion category and runner up for the Action category in 2010 as well as Editors pick for the Smithsonian in Sept 2010.

Some of Forest's personal interests include; art in any form or medium, love, balance, good medicine, laughter, people, human behavior and most of all his children who have taught him to LOVE without fear.



TRIBALNET WELCOMES FOREST JAMES PHOTOGRAPHY
AS THE SELECTED PHOTOGRAPHER FOR THE
13TH ANNUAL TRIBALNET CONFERENCE





Del Norte County Recycling

All items below can be placed in any recycling bin All items must be rinsed with lids removed

- Aluminum cans
- Balled aluminum foil, pie tins
- Cardboard, paperboard and brown paper bags
- Egg cartons
- Empty aerosol cans
- Glass bottles and jars (green/brown/clear)
- Magazines, catalogs, and newspapers
- Manila envelopes
- Plastic bottles numbered 1 − 7
- Plastic jugs and jars
- Steel/tin cans

Please bag the items below separately

- Opened mail
- Plastic shopping bags and bubble wrap
- Shredded paper
- Styrofoam peanuts, containers and blocks
- White paper

Free drop-off recycling bins are located in:

Gasquet:

Gasquet Transfer Station, Old Gasquet Toll Road

Smith River:

Ship Ashore, 12370 Hwy 101 N Smith River Post Office, 291 Fred Haight Drive

Fort Dick:

Fort Dick Fire Department, 6534 Kings Valley Road

Crescent City:

Crescent City Fairgrounds, 421 Hwy 101 N Crescent City Transfer Station, 1700 State Street

Klamath:

Klamath Transfer Station, Klamath Beach Road





Spring Clean Up

MAY 14 - 25, 2012

HOURS OF OPERATION:

(Closed 12:00 P.M. - 12:30 P.M.)

MONDAY: 8:30 A.M. – 7:00 P.M.

TUESDAY: 8:30 A.M. – 7:00 P.M.

WEDNESDAY: 8:30 A.M. – 7:00 P.M.

THURSDAY: 8:30 A.M. – 7:00 P.M.

FRIDAY: 8:30 A.M. – 7:00 P.M.

SATURDAY: 8:30 A.M. – 7:00 P.M.

- ✓ Must have SRR Tribal I.D. Number (Spouse or Parent accepted)
- ✓ Limit of two (2) standard size pick-up loads (no more than 12" above bed rails) per residence
- √ Limit of four (4) tires per residence
- √ Tires, car parts, appliances, monitors, T.V.s, computers, fluorescent light bulbs, furniture, paints, oils, fluids and hazardous materials or related items to be placed on trailer adjacent to trash bin

Questions/issues: Call Brad Cass, Natural Resources Director @ (707) 487-9255 Ext. 3155 or (707) 218-7504

Emergency: 911

Del Norte Sheriff: (707) 464-4191 Cal-Ore Life Flight: (541) 469-7911 Del Norte Ambulance: (707) 487-1116

Submitted by Tessa LaFazio, Natural Resources Program Specialist

Employee Spotlight

Dorothy Perry was born and raised in Crescent City. She is a Smith River Rancheria Tribal Member, descending from Cha-met. She is related to families such as the Van Pelt', the Lopezs, and the Bravos. Dorothy has many fond childhood memories of time spent with her family. Along with her brother and sister, she had fun during the summers at the Lopez smelt camp. Sometimes they would get to stay for a week, depending on how they behaved. Most of the time they were well behaved, if not they would get the not-so-fun job of sitting by the fish and chasing away seagulls.

Dorothy also recalls 4th of July family gatherings at the beachfront. She would get to wear her Grandma Lena's dance regalia, which made her feel important and special. Another favorite memory is of her Grandpa Edward singing, especially the songs "Rye Whiskey" and "Big Rock Candy Mountain". Dorothy's Greatgrandma Henrietta was also an important part of her childhood. Henrietta was a successful businesswoman who owned a trailer park, and drove "cool" cars, including a 1956 Corvette and a Chevy Malibu.

As a teenager, Dorothy worked at the Darby Market, which was a small "corner" market in Crescent City. She attended school in Crescent City, and graduated from Del Norte High. "You get out of school what you put in to it", Dorothy says of education. Dorothy has taken classes at College of the Redwoods, UC Davis, and online classes through Eastern Oregon University. Eastern Oregon University gave her the opportunity to gain college credits based on life experiences, including working in retail.



Ca. 1964. Clockwise from the top: Ethel (Armstrong) Lopez, Henrietta (Van Pelt) Reidel, Jessamine (Brown) Van Pelt, Dorothy Perry (infant), Barbara (Lopez) Perry

After high school, Dorothy worked near Portland, Oregon for several years. While there she began working at Payless Drugstore. In 1986 she moved back home to start her family. She was able to transfer her job to the new Payless in Harbor, Oregon. She worked a total of 10 years for Payless. Dorothy also worked for Del Norte County for 9 years. In 2003, Dorothy began working for the Smith River Rancheria as Employment Development Director, working closely with the Economic Development Director. She is now the Community and Family Services Director, and would like to see CFS continue to grow and add new services for Tribal Members. Dorothy has served on various committees including the Housing Committee, Child Welfare Committee, and the Head Start Transition Committee.

Dorothy has two daughters, Margaret, who works at Howonquet Head Start, and Sarah who has worked for Sutter Health Systems for five years. She also has two grandsons, 6 year old Marcos, and 1 year old Matteo. When she's not working, Dorothy makes time to play with her grandsons, and also enjoys making jewelry and reading. Dorothy also likes to attend live shows and the theatre. In the past she has seen the late Richard Harris in "Camelot", Disney's Lion King on Broadway as well as music legends John Fogerty and John Mellencamp in concert together. She has also seen Rod Stewart, Cher, and Nickelback to name a few. The one artist she would really like to see in concert is Tom Petty. Dorothy also is a NASCAR fan and will be going to races this summer at Infineon Raceway in Sonoma County. She also plans to do a lot of camping with her family this summer.

Dorothy's plans for the future include promoting and expanding the consulting business she and her partner, Ed Wait, own. She also plans to fully enjoy their new home in Harbor, Oregon which has a covered porch perfect for year-round BBQ-ing. With a quiet little ocean view, it's a great place to spend evening and weekends doing nothing but relaxing!

Submitted by Debbie Boardman, Receptionist







Smith River Rancheria 140 Rowdy Creek Rd Smith River, CA 95567

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Make Yourself Marketable

With the completion of the new Tolowa Event Center and expansion of the Lucky 7 Casino, the building of a brand-new hotel appears closer on the horizon. During construction, there will be many construction jobs available. The hotel will generate at least 25 new jobs upon completion. Positions will include housekeeping, laundry, maintenance, front desk clerks and management. Some training will be offered for hotel new-hires; however, you can make yourself more marketable by attending classes at College of the Redwoods (www.redwoods.edu) or Southwestern Oregon Community College (www.socc.edu) now.

Local resources for hospitality training, interview skills and application and cover letter assistance include the TERO Office and Rural Human Resources' Job Finders' Workshops. Call the Work-



Rendering of Lucky 7 Casino with a three-story hotel

force Center at (707) 464-8347 and Darrell Moorehead at (707) 487-9255, ext. 3190.

Submitted by Darrell Moorehead, TERO Officer